

### **ABSTRACT**

This invention relates to exercise apparatus for exercising different parts of the body in such a way that a user does not exceed their physical capability. The apparatus, when assembled, allows a user to apply a force against a part of the apparatus that remains static in use, and comprises a series of elongate sections (102) which are releasably connected such that they can be positioned in various orientations relative to each other depending on the exercise the user wishes to perform.